

Dear Friends of AzMN:

The past month has been busy and exciting. We have been delighted by the wonderful response we have had to our upcoming **October 5<sup>th</sup> Charity Golf** event. Local businesses, friends, neighbors, and large organizations too, have been so generous to our small, grassroots organization. Most important, hundreds of people are reading about myeloma and calling and emailing us to learn more about AzMN and to find out about other myeloma resources in the area.

We are always touched by the number of people who say: "My aunt has myeloma and I never really knew what it was." Or, "My father died of myeloma 14 years ago...but there was so little available information then." We realize how important a charity golf event can be to raise awareness and inform people about this difficult, often misdiagnosed disease. And, most important, we are making so many new friends who are interested in participating in our event and becoming part of our AzMN team!

Just call Lyman at (480) 296-4486 or me at (623) 388-6837 and we will gladly help out or follow-up on any leads. We also want to remind all of you who are not golfers, that you and your spouse, partner, and/or friends, can attend our dinner, honoring Senator Barbara Leff and AZ Republic journalist, Laurie Roberts, for their work on Senate Bill 1442, at **The Raven Golf Club at Verrado**, at 5:30 pm and enjoy a lovely Arizona Cookout dinner. There will be music by DJ Tony Mims and many great raffle prizes and silent auction items. So, please join us after golf for dinner, at the clubhouse, all for \$35 per guest.

Thanks to all and hope to see many of you on the **5th of October**.

Cordially,  
Barbara

## Join us for our:

2nd Annual

### Arizona Myeloma Network Charity Golf Tournament

**Benefiting Arizona cancer patients**

October 5<sup>th</sup> at Raven Golf Club  
at Verrado, Goodyear, AZ

**WE STILL HAVE ROOM FOR MORE  
GOLFERS - PLEASE CALL LYMAN AT  
480-296-4486 TO SIGN UP**

WIN WIN  
HOLE-IN-ONE PRIZE



Courtesy of: **ARROWHEAD HONDA**

#### October 5<sup>th</sup> Charity Golf Event News

Thanks to our hard working Golf Committee, led by Corey La Russo and Lyman Smith, we have already signed up more than 60 golfers and several major sponsorships. Special thanks to others on our Golf committee: Barbara Kavanagh, Jack Kavanagh, Nikki Stolee, the Gomez Family, and others on our Advisory Committee who are helping us with raffle gifts and silent auctions items.

Special thanks to **Arrowhead Honda** at 8380 W. Bell Road, Phoenix, AZ for providing a brand new 2007 Honda 4-door EX-L with Auto-Transmission as our Hole-in-One prize.

We also wish to thank **Furniture Design Solutions** at 2540 N. 35<sup>th</sup> Ave, Ste 8, Phoenix, AZ for sponsoring our Mayo Clinic golf foursome, including Dr. Fonseca and Dr. Tiedemann.

Our sincere appreciation to the **Black Bear Diner Restaurant** at 6039 W. Bell Road, Glendale, AZ for the wonderful gifts and sponsoring day of the event Box Lunches for golfers.

Other notable sponsors and contributors include: **Analytic Partners** of New York, NY for a Platinum Golf Sponsorship donation, **Southwest Airlines** for two round trip airline tickets with no restrictions to anywhere Southwest flies, the **Scottsdale Fairmont Princess Resort Hotel** for a two-night weekend stay, the **Arrowhead Community Bank** in Glendale for a \$500 Savings Bond, **General Dynamics C4 Systems** in Scottsdale for a Gold Golf Sponsorship, **Furniture Design Solutions** in Phoenix for a Gold Golf Sponsorship, **Ortho Sports Physical Therapy** in Glendale for a Silver Golf Sponsorship, and **Personal Training 101** in Scottsdale for \$500 in physical fitness consultations/workout sessions.



Thanks to our Golf Event Chairman Corey La Russo and Backspin the Golf Show for the radio press coverage of our Golf Event.



Some of our Volunteers hard at work.

#### Volunteers Needed

Volunteers are also needed for the 'day' of the event. Call and let us know if you are available to help out with our Golf Event during the afternoon and/or evening on Thursday, October 5<sup>th</sup>.

## Awareness and Education Plans

We are excited to be new members of the AZ Department of Health Services Comprehensive Cancer Control Coalition (AzCCC). Barbara Kavanagh will represent multiple myeloma and help raise awareness and provide information to other cancer services and agencies in Arizona. She will also participate on the Research and Quality of Life Committees to work with others in the cancer field to improve services and funding for all cancer programs. For more information on AZCCC, please visit their website at: [www.azcancercontrol.gov](http://www.azcancercontrol.gov).

Another important step for AzMN is their membership in the newly formed Alliance of Arizona Non-Profits. The mission of this organization is to enhance the well-being of all people and communities in Arizona by serving, supporting, protecting and promoting Arizona's nonprofit sector. We hope that by joining together with other nonprofits, we can collaborate with other groups interested in helping cancer patients and their families and thus be a more effective resource for our own myeloma patients.

We look forward to other collaborations and outreach activities in the coming months, including new relationships with Native American groups, African American groups, and Hispanic American groups. For further information about the Alliance of Arizona Nonprofits, please visit their website at: [www.arizonanonprofits.org](http://www.arizonanonprofits.org).

## Exercising before Golf

By: Paul Gagne, SPT

As golf is becoming increasingly popular there is a correlation between this increase in popularity and an increase in golf injuries. With each swing, the golfer displaces approximately 7-8 times their body weight throughout their body. With this additional force placed upon the body there is an increased risk for strained musculature and injury. Therefore, it is imperative that a

stretching program be performed, to minimize these risks and enhance the player's ability to strike the ball.

Stretching previous to playing golf should take approximately 10-15 minutes. Repeat each stretch 4-5 times on each side of the body.

Side stretch. Stand with arms above head holding club with hands shoulder width apart. Slowly bend to the right and hold for 10 seconds. Bend to the left and hold for 10 seconds.



Calf stretch. Place both hands against a tree or other stable surface, at chest level, and stand arms length away. Keeping your right foot on the ground, and your right leg slightly bent, move your left foot back behind you, keeping the knee straight and the heel on the ground. Hold for a count of 10 and make sure NOT to bounce. Repeat stretch with opposite leg.



Golf is intended to be a pain free sport. If you, or someone you know, are experiencing pain with golfing, they should contact a licensed Physical Therapist, to analyze their golf swing. You can call Steven Ambler, PT, of Arizona OrthoSports PT, at (602) 547-1961. Steven and his OrthoSports PT team will be present at the October 5<sup>th</sup> Charity Golf Event, to offer possible suggestions.

## General Information

Articles from our readers are welcome and should focus on information directed towards Multiple Myeloma. They should be informative, and contain non-commercial, non-partisan, non-sectarian points of view. Articles are limited to 175 words and will be published free of charge. Editors reserve the right to edit and shorten text as necessary and to refuse article

text or advertising in accordance with AzMN by-laws. Articles are due the first week of each month. Please send inquiries to:

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